

Appln. No. 10/023,412  
Amendment dated December 21, 2004  
Reply to Office Action mailed September 27, 2004

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims (deleted text being struck through and added text being underlined):

1. (Currently Amended) An exercise device comprising:  
a frame having a base wall and a forked member ~~being~~ attached to and extending ~~upward~~ upwardly from an upper side of said base wall, said forked member including a pair of arms;  
a wheel ~~being~~ positioned between said arms and ~~being~~ rotatably coupled to said frame;  
an elastic band ~~being~~ positioned on and extending around a periphery of said wheel;  
a tension adjuster for adjusting rotation of said wheel, said tension adjuster ~~being~~ attached to said frame for adjusting the rotation of said wheel; and  
wherein the elastic band is pulled and said wheel rotated to provide exercise.
2. (Currently Amended) The exercise device as in claim 1, said tension adjuster including:  
a first bracket attached to said frame and extending beyond said periphery of said wheel;  
a second bracket attached to said first bracket and ~~being~~ selectively positionable toward or away from said wheel; and  
a cylinder ~~being~~ rotatably attached to said second bracket and ~~being~~ in abutment with said elastic band such that said elastic band is positioned between said cylinder and said wheel.

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3. (Currently Amended) The exercise device as in claim 2, wherein said first bracket includes a pair of legs and a middle section ~~being~~ attached to ends of said legs such that said first bracket generally has a U-shape, said first bracket ~~being~~ attached to said frame and extending away from said frame such that each of said legs is positioned on an opposite side of said wheel, said elastic band ~~being~~ positioned between said middle section and said wheel.

4. (Currently Amended) The exercise device as in claim 3, additionally comprising a rod extending through and ~~being~~ threadably coupled to said middle section, said rod having an inner end extending toward said wheel and an outer end, a handle ~~being~~ attached to said outer end, said second bracket ~~being~~ attached to said inner end.

5. (Currently Amended) The exercise device as in claim 3, further including a pair of stabilizers ~~being~~ attached to said second bracket and extending through elongated slots in said legs.

6. (Original) The exercise device as in claim 2, wherein said cylinder has a concave outer surface in abutment with said elastic band.

7. (Currently Amended) The exercise device as in claim 1, further including a first guide member for retaining said elastic band on said wheel, said first guide member ~~being~~ attached to an upper end of said forked member such that said first guide member extends over said wheel.

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8. (Currently Amended) The exercise device as in claim 7, further including a second guide member for retaining said elastic band on said wheel ~~being~~ attached to said frame, said second guide member including a pair of rollers each rotatably attached to said frame and positioned generally adjacent to said base wall, each of said rollers ~~being~~ attached to one of said arms and ~~being~~ in abutment with said elastic band, said rollers having a rotational axis generally orientated perpendicular to said rotational axis of said wheel.

9. (Currently Amended) An exercise device comprising:  
a frame having a base wall and a forked member ~~being~~ attached to and extending upward from an upper side of said base wall, said forked member including a pair of arms;  
a wheel being positioned between said arms and ~~being~~ rotatably coupled to said frame;  
an elastic band ~~being~~ positioned on and extending around a periphery of said wheel;  
a tension adjuster for adjusting rotation of said wheel, said tension adjuster ~~being~~ attached to said frame, said tension adjuster including:  
a first bracket including a pair of legs and a middle section ~~being~~ attached to ends of said legs such that said first bracket generally has a U-shape, said first bracket ~~being~~ attached to said frame and extending away from said frame such that each of said legs is positioned on an opposite side of said wheel, said elastic band ~~being~~ positioned between said middle section and said wheel;  
a rod extending through and ~~being~~ threadably coupled to said middle section, said rod having an inner end extending toward said wheel and an outer end, a handle ~~being~~ attached to said outer end;

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a second bracket ~~being~~ attached to inner end of said rod such that said second bracket may be selectively moved toward or away from said wheel, a pair of stabilizers ~~being~~ attached to said second bracket and extending through elongated slots in said legs;

a cylinder ~~being~~ rotatably attached to said second bracket and having an axis of rotation orientated parallel to an axis of rotation of said wheel, said cylinder having a concave outer surface in abutment with said elastic band;

wherein said cylinder may be selectively positioned nearer said wheel for placing tension on the wheel;

a first guide member for retaining said elastic band on said wheel, said first guide member ~~being~~ attached to an upper end of said forked member such that said first guide member extends over said wheel;

a second guide member for retaining said elastic band on said wheel ~~being~~ attached to said frame, said second guide member including a pair of rollers each rotatably attached to said frame and positioned generally adjacent to said base wall, each of said rollers ~~being~~ attached to one of said arms and ~~being~~ in abutment with said elastic band, said rollers having a rotational axis generally orientated perpendicular to said rotational axis of said wheel; and

wherein the elastic band is pulled and said wheel rotated to provide exercise.